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PSYX 385.R01: Psychology of Personality

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Psyx 385 – Psychology of Personality

Fall 2020, Section R01

Course Location and Time

This class is delivered **remotely**. This means that class meets live via Zoom during assigned course times. Each lecture including discussion questions and comments is recorded and available on Moodle.

Meeting Times: Tuesday & Thursday, 12:30pm – 1:50pm

Zoom Link: <https://zoom.us/j/94863122066?pwd=TE9OTWdkZUFoallRdDNRN0dta3hBQT09>

Meeting ID: 948 6312 2066

Passcode: 806053

Instructor Information

Instructor: Hannes Heppner

Email: hannes.heppner@umontana.edu

Office hours: Office hours are held via Zoom.

Tuesdays: 9:00am-10:30am; Thursdays: 9:00am-10:30am

Zoom Link: <https://zoom.us/j/94058083571?pwd=V01IZGQ2Q0dnNXRUMkJwK2ZYQ2phUT09>

Meeting ID: 940 5808 3571

Passcode: 956910

Required Text

Friedman, H.S. & Schustack, M.W. (2016). *Personality: Classic Theories and Modern Research, 6th Edition*. Boston, MA: Pearson.

Additional required and supplemental readings will be announced and made available via Moodle.

Course Objectives

This course introduces historical and modern conceptualizations of personality in three sections: background/methodology, major theoretical perspectives/aspects, and applications. We begin with background and methodology in order to set the stage for the work to follow. In the second division, we examine the major theoretical perspectives or ‘aspects’ of personality psychology. Within each aspect, we study the work of influential/representative theorists. In the course’s final weeks, we will apply our new knowledge to investigation of issues of everyday interest. At the close of the semester, I expect you to be well-informed about the field of personality psychology. You will be able to articulate key features of the major theoretical perspectives/aspects in the field, and you will be knowledgeable about major theorists’

contributions to each aspect. Knowledge in these areas will increase your understanding of the human experience and will serve as a foundation for development of knowledge regarding counseling and psychotherapeutic interventions.

Learning Outcomes

Over the course of the semester, students will:

1. Demonstrate knowledge and understanding of commonly-used research methodologies in personality psychology and will understand how different types of personality data inform the science of personality.
2. Demonstrate knowledge and understanding of the historical and contemporary theoretical models of personality.
3. Demonstrate knowledge and understanding of the application of personality theory to physical health, gender, and culture/ethnicity.

Course Requirements and Policies

1. Exam Information

Exams: All exams will be delivered via Moodle. Four exams will assess your understanding of the course material. The tentative dates of the first three exams are listed on the attached course schedule. Please note that the dates of the first three exams might change depending on the pace of the class.

Each exam is comprised of 50 multiple-choice questions and is worth 50 points. Exams will assess your understanding of the material presented in the lectures **and** the assigned readings. **Please note that the exams will assess knowledge of material from the assigned readings that is NOT discussed in class and material from lecture that you will NOT find in the text.**

Final Exam: The final exam will be delivered via Moodle. The date and time of the final examination is determined by the University Registrar's office. **Neither the date nor the time (Monday, November 23rd, 10:10am-12:10pm) of the final examination will change.** Arrange your schedules accordingly. The final exam is cumulative and covers the material discussed over the entire semester.

Make-up exams: Make-up exams will be granted only if an absence is excused for one of the following reasons: 1) participation in a university-sanctioned athletic or formal academic event; 2) a prolonged or severe illness; and 3) death or serious illness in your family. In fairness to all students, reasons for missed exams must be documented in writing by an appropriate person or agency. Make-up exams will be administered immediately upon your return to class and may differ in format from the standard exam

(e.g., essay questions only). Furthermore, I am unlikely to be available for questions before or during make-up exams. Please let me know right away if you're aware of an exam scheduling problem.

2. Expectations

Reading: You are expected to complete all reading assignments (see Course Schedule) prior to each class meeting. Exams will cover material from the readings, even if the topic is not specifically discussed in lecture.

Technology: Cell phone can distract you from paying attention in class, whether class is delivered remotely or in-person. I recommend that you turn it off during lectures. Further, while laptops can be very helpful for note-taking during class, I recommend that you stay focused during the lectures and make sure to limit the distractions (e.g. surfing the web or social media) to a minimum. In some ways this is more challenging in a remote Zoom environment because you will disturb and distract only yourself. Finally, although I'm happy to correspond with students via email, University policy prohibits e-mail correspondence to and from a non-University email account. **Please send all email correspondence from your University account.**

I also know that Zoom can come with its challenges. If you experience any technical difficulties, please get in touch with me early. An excellent resource for all things Zoom and UM Box is also the IT help desk. You can contact the IT Help Desk at (406) 243-4357 or email ithelpdesk@umontana.edu for help with UM box and Zoom.

If you encounter internet speed difficulties at home, you can seek out resources on campus. A list of remote learning spaces with the days and times available for student use will be posted on [the Keep on Learning website](#).

Participation: The Zoom environment presents all of us with a novel and unique challenge. I encourage you to speak up in class with any questions or comments you may have as this class flourishes most and learnings are maximized only if we all participate and reflect on the materials presented during lecture and in the readings. If feasible, I may ask you all to unmute yourself during lecture in order to limit the barriers to participation. I expect students to be mindful of their classmates' values and opinions when speaking in class. Please also note that I may on occasion ask you to save a comment for office hours for times' sake; know that I highly appreciate your interest and am always open to discussing topics more in depth outside of class.

Attendance: Please note that a large portion of the exams will cover material that has been presented in class and is NOT in your textbook. As such, I highly recommend attending every Zoom lecture. With this in mind, I understand that situations come up, and I do not require you to email me if you will be absent. If you know you will be

missing several lectures however, I recommend setting up an appointment to meet with me in advance.

3. Academic Integrity

All students must practice academic honesty. Academic misconduct is subject to an academic penalty by the course instructor and/or a disciplinary sanction by the University. Specifically, cheating will result in a “0” for the assignment in question and may result in a failing course grade and dismissal from the University. Please enlist my help if you are having difficulty with the course content. Plagiarism is an example of academic dishonesty and will be addressed accordingly. If you have questions about what might constitute plagiarism, please let me know. Finally, please review the [Student Conduct Code](#).

4. Disability Modifications

The University of Montana assures equal access to instruction through collaboration between students with disabilities, instructors, and [Disability Services for Students](#). If you have a disability that adversely affects your academic performance, and you have not already registered with Disability Services, please contact them (Lommasson Center 154 or call 406.243.2243). I will work with you and Disability Services to provide appropriate accommodations.

5. Drop date

You may drop the course or change your grading option via [CyberBear](#) through the 15th instructional day (**Sep. 9th at 5pm**). You may drop the course or change grading options via through the 45th instructional day (**October 21th at 5pm**). Course drops require instructor’s & advisor’s approval using the Course Add/Change/Drop link in CyberBear (\$10 Fee applies; a “W” will appear on transcript for drops). Beyond the 45th day (**October 22th to November 18th**), dropping courses and/or changing grading options require instructor’s, advisor’s, and Dean’s approval via Course Add/Change/Drop link. (\$10 Fee applies; a “WP” [Withdraw Passing] or “WF” [Withdraw Failing] will appear on transcript). **November 18th** is the last day to drop classes or change grading options. Additionally, I will assign an ‘incomplete’ only when urgent circumstances arise. These circumstances will require appropriate documentation (e.g., letter from a physician, etc.). It is your responsibility to contact the Registrar’s Office to confirm details about registration and the dates above.

5. Grading

Course grading is based on a total of 200 points.

Weighted final: Because the final exam is cumulative, I use a ‘weighted’ final procedure for those students who do better on the final than the average of their performance on Exams 1-3. This weighted procedure makes the final exam ‘worth’ ½ of the final grade, while the average of Exams 1-3 composes the other ½. This procedure is *only* used if the student does better on the final and *only when it improves the student’s point total*.

Standard final: When a student’s final performance is equal to or less good the average of Exams 1-3, I use a standard weight for the final. In this case, each exam is worth 50 points (i.e., 25% of the final point total).

There will be no grade curves in this course. Point totals are always ‘rounded up’ in the student’s favor.

Final grades will be assigned using the following scale:

Points	Letter Grade
187-200	A
180-186	A-
173-179	B+
167-172	B
160-166	B-
153-159	C+
140-152	C
120-139	D
<120	F

Tentative Course Schedule

DATES	TOPICS	REQUIRED READING
Thursday, Aug. 20 th	Course overview and introduction	Syllabus, Ch. 1
Tuesday, Aug. 25 th	Measurement and psychometrics	Ch. 2
Thursday, Aug. 27 th	Psychoanalysis: Origins & Models	Ch. 3
Tuesday, Sept. 1 th	Psychoanalysis: Defense & development	Ch. 3
Thursday, Sept. 3 rd	Neoanalysts: Jung, Adler	Ch. 4
Tuesday, Sept. 8 th	Neoanalysts: Horney; Object Relations	Ch. 4
Thursday, Sept. 10 th	Exam 1	Chapters 1-4
Tuesday, Sept. 15 th	Biological aspects: Temperament & Eysenck’s Arousal/Activation theory	Ch. 5
Thursday, Sept. 17 th	Gray’s reinforcement sensitivity; Evolutionary approaches	Ch. 5
Tuesday, Sept. 22 th	Behavioral and learning aspects: Pavlov, Watson	Ch. 6

	& Skinner	
Thursday, Sept. 24 nd	Skinner's behaviorism; Dollard & Miller's social learning theory	Ch. 6
Tuesday, Sept. 29 th	Cognitive aspects: Kelly	Ch. 7
Thursday, Oct. 1 th	Bandura's Social Cognitive theory	Ch. 7
Tuesday, Oct. 6 th	Exam 2	Chapters 5-7
Thursday, Oct. 8 th	Trait Aspects: Allport, Factor analysis and Cattell	Ch. 8
Tuesday, Oct. 13 th	The Five Factor Model and Theory	Ch. 8
Thursday, Oct. 15 th	Humanism: Carl Rogers, phenomenology, and the self-concept	Ch. 9
Tuesday, Oct. 20 th	Maslow's self-actualization	Ch. 9
Thursday, Oct. 22 nd	Person-situation Interactionism: HS Sullivan and Henry Murray	Ch. 10
Tuesday, Oct. 27 th	Walter Mischel's Cognitive Affective Personality System	Ch. 10
Thursday, Oct. 29 th	Exam 3	Chapters 8-10
Tuesday, Nov. 3 rd	ELECTION DAY- NO CLASS	
Thursday, Nov. 5 th	Sex, Gender and Personality	Ch. 11
Tuesday, Nov. 10 th	Personality and Health: Pathways & mechanisms	Ch. 12
Thursday, Nov. 12 th	Appraisal, optimism and hardiness	Ch. 12
Tuesday, Nov. 17 th	Culture and Ethnicity/Review	Ch. 13
Monday, Nov. 23 rd	FINAL EXAM: 10:10AM-12:10 PM	CHAPTERS 1-13